

objects surrounding you. Walking is the best possible. Habituate yourself to walk very far. The Europeans themselves on having subdued the horse to the use but I doubt whether we have not lost more than we have by the use of this animal. No one has occasioned so much degeneracy of the human body. An Indian goes on as far in a day for a long journey as an enfeebled man on his horse; and he will tire the best horses. The habit you will value so much as that of walking for fatigue. I would advise you to take your exercise in the noon; not because it is the best time for exercise, for it is not; but because it is the best time to spare studies; and habit will soon reconcile it to health; it is nearly as useful as if you gave to that the moiety of the day. A little walk of half an hour in the morning when you first rise is advisable also. It shakes off sleep and produces other good effects in the animal economy. Carr, his nephew, 1785. C. I, 397.)

EXPATRIATION.—My opinion on the right of expatriation has been, so long ago as the year 1776, consigned to the act of the Virginia code, drawn by myself, recorded right expressly, and prescribing the mode of exercising: evidence of this natural right, like that of our civil liberty, the use of our faculties, the pursuit of happiness left to the feeble and sophistical investigations of men is impressed on the sense of every man. We do not live under the charters of kings or legislators, but under the laws of nature. If he has made it a law in the nature to pursue his own happiness, he has left him free in all places as well as modes; and we may safely call on the body of English jurists to produce the map on which has traced, for each individual, the geographical line forbids him to cross in pursuit of happiness. It can never exist in the mind. Where, then, is it? I believe might safely affirm, that there is not another nation, savage, which has ever denied this natural right, there is another which refuses its exercise. I know it